

ABOUT US

APlus Lifestyle Wellness & Med Spa is a health, wellness, and aesthetics medical spa located in Colonial Heights, VA. Our mission is to provide comprehensive personalized services tailored to the unique needs of each individual we serve, promoting overall well-being to enhance their quality of life, all while providing a rejuvenating experience. We believe that everyone deserves to live a life of quality where they can feel and look their best.

Our team consists of vetted, licensed, experienced, and highly trained medical professionals. We are committed to providing safe, high-quality, and innovative treatments and services that exceed our clients' expectations.

Our vision is to be a premier provider of advanced and effective health, wellness, and aesthetics services in our community and beyond. We look forward to serving you and helping you live the lifestyle you deserve!

Dr. Crystal Alexander, DNP, FNP-C is the proud business owner of APlus Lifestyle Wellness & Med Spa. She is a certified family nurse practitioner with over 12 years of experience in the nursing profession and 7 years practicing as an NP. She received her Bachelor of Science in Nursing (BSN) degree from Jefferson College of Health Sciences. Her Master of Science in Nursing (MSN) in the Family Nurse Practitioner track and Doctor of Nursing Practice (DNP) in the Healthcare Systems Leadership track were both received from Chamberlain University. Her background includes various specialties and settings ranging from emergency medicine/trauma, medical-surgical, telemetry, renal/dialysis, corrections, and primary care.



GET IN TOUCH!



(804) 805-8704



INFO@APLUSLIFESTYLEWELLNESS.COM



APLUSLIFESTYLEWELLNESS.COM



**3660 BOULEVARD SUITE B,
COLONIAL HEIGHTS, VA 23834**

CONNECT WITH US



@APLUSLIFESTYLE_

BUSINESS HOURS

TUE – WED: 10 AM – 5 PM
THURS – FRI: 10 AM – 6 PM
SATURDAY: 10 AM – 2 PM
SUN – MON: CLOSED
(BY APPOINTMENT ONLY)



**RECLAIMING YOUR CONFIDENCE,
ONE TRANSFORMATION AT A TIME**

**CALL US FOR
APPOINTMENT**



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WHAT'S INCLUDED IN OUR

Supervised WEIGHT LOSS PROGRAM

BASELINE BLOOD WORK

MONTH SUPPLY OF MEDICATIONS

WEIGH-INS/MEASUREMENTS

ACCESS TO MEAL PLANS AND WORKOUTS

MONTHLY FOLLOW-UP WITH PROVIDER

ACCESS TO PRIVATE FB GROUP

WE HAVE DIFFERENT OPTIONS:

- VITAMIN B12
- FAT BURNER
- PHENTERMINE
- WEGOVY
- SEMAGLUTIDE

HOW TO JOIN THE PROGRAM?

SCHEDULE AN APPOINTMENT

Call our office or visit our website to book your initial consultation

COMPLETE INTAKE FORMS

Fill out our online pre-consultation forms. These forms will ask for your medical history, current medications, and lifestyle habits.

ATTEND THE CONSULTATION

We will review your medical history, discuss your current health status, and evaluate your eligibility for the weight loss program.

MEDICAL EVALUATION

Undergo a medical evaluation, including a physical examination and lab tests, to ensure you are a good candidate for the program.

PERSONALIZED WEIGHT LOSS PLAN

Based on your medical evaluation, we will create a plan. This will include guidelines on diet, exercise, and weight loss medication.

WELCOME TO OUR WEIGHT LOSS PROGRAM

HOW MUCH IS THE COST TO JOIN THE

Supervised WEIGHT LOSS PROGRAM

• SEMAGLUTIDE

MONTHS 1-3: \$500 / MONTH
MONTHS 4+: \$550 / MONTH

• TIRZEPATIDE

starts at **\$550** then increases by \$50 each month

• PHENTERMINE

\$75 for month prescription

LABS START AT \$50

